

"Fish in Blankets" Fish Tacos

Makes: 28 or 56 servings

28 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Cod fillets, frozen, sliced	4 lbs		8 lbs	
Olive oil		2 Tbsp		1/4 cup
Lemon juice		1/4 cup		1/2 cup
Red leaf lettuce, shredded		1.5 cups		3 cups
Lettuce, shredded		2 cups		4 cups
Tomatoes, chopped		4 cups		8 cups
Tortillas, whole grain, 8"		56		112
Yogurt, plain, non-fat		2.5 cups		5 cups
Salsa, jarred, ready to eat		2 cups		4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	2 g	
Protein	14 g	
Carbohydrates	12 g	
Dietary Fiber	2 g	
Saturated Fat	0 g	
Sodium	190 mg	

Directions

1. Combine fish, olive oil, and lemon juice in bowl. Pour into skillet.
2. Cook on medium-high heat for 4-5 minutes, stirring occasionally.
3. Fill each tortilla with 1/8 cup fish.
4. Top with 1/4 cup vegetables and 1 Tbsp of yogurt.

Notes

Serving Tips:

Tacos are a fun food to let children assemble themselves. You can also use onions, peppers, or any other vegetables you have on hand.